

North Dakota Women, Infants, and Children Program (WIC)

What is WIC?

WIC is a nutrition program that gives you:

- › Nutrition information, counseling and support
- › Breastfeeding information and support
- › Nutritious foods
- › Health screenings
- › Referrals to other services

Where Can I Get WIC

WIC serves every county in North Dakota. Call your local WIC clinic or call 1-800-472-2286



To be Eligible for WIC,

1. You must be:
 - A **pregnant woman**;
 - A **breastfeeding woman** (up to one year after giving birth);
 - A **new mother** (up to six months after giving birth); or
 - A parent, guardian or caretaker who has an **infant or child younger than 5 years of age**.
2. You must have a **nutritional health risk**. The WIC staff will be able to find a risk by checking your height, weight and iron count, and having you fill out a diet and medical history.
3. Your annual household income must be within **WIC Guidelines** (see below). *NOTE: You may have a job and still meet these guidelines.*

North Dakota WIC Income Eligibility Guidelines 2004

185% Poverty Level

Household Size	Annual	Monthly	Weekly
1	17,224	1,435	331
2	23,107	1,926	444
3	28,990	2,416	557
4	34,873	2,906	671
5	40,756	3,396	784
6	46,639	3,887	897
For each additional household member add:	5,883	490	113

WIC is an equal opportunity program. USDA policy does not permit discrimination because of race, color, national origin, sex, handicap or age. Any person who believes he/she has been discriminated against in any USDA related activity should write immediately to: Secretary of Agriculture or Director, Office of Advocacy and Enterprise, USDA, Washington, D. C., 202050

ND Department of Health
Division of Maternal and Child Health
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